



Village Voice July, 2017



SC Village Salutes Sherry Reams

By: Susan Brewer

Sherry Reams has filled the role of Chair for the past six months, accepting this leadership position and the responsibility that followed. Combining this new role with her ongoing service on the Social and Event team was a major contribution.

Sherry started volunteering with SCV mid-2015. Her original position was with the Marketing Committee. Later Sherry accepted the Treasurer position and then Vice Chair. As Chair of the Activities Committee, Sherry was involved with several events, including the Village launch in September.

Recently, the Board voted in new officers at our annual meeting. Sherry will continue her efforts with SCV on the Event and Fundraising teams. Thank you Sherry for your tremendous contributions to the Village. We all salute Sherry's services with gratitude and appreciation.

The SC Village Offers a Presentation on Ageism

It's as old as the hills, but Ageism, still goes unnoticed by too many. Contrary to what many think, ageism is not something that happens just to older adults. Ageism is happening in the workforce for people in their 40's and 50's. What is really disturbing is that too many of ageism's negative stereotypes can easily be accepted by those who are being stereotyped. Find out what ageism looks like, how it can be recognized, and what can be done to stop it at our educational presentation.

Jan Montague, the Board of Directors Chair, will be the speaker. Jan brings to the discussion over 30 years of experience in the field of ageing. Most volunteers have met Jan at their Volunteer Orientation. Jan is currently President of Whole-Person Wellness International. Join us for this presentation and a lively discussion.

When: 10:00am - Noon, Saturday, July 8, 2017

Where: Center for Spiritual Living, 1201 Puerta Del Sol, San Clemente

Speaker: Jan Montague, President

Whole-Person Wellness International & Chair, Board of Directors, SCV

The presentation is free, but please register at SCVillage.org or call us at **949-441-1348**

San Clemente Village Elects Officers

In June, the Village Board of Directors elected a slate of officers for 2017-18.

Jan Montague is heading the team as Chair of the Board. Jan has served over the last year as an active member of the Volunteer Team. Many members will remember Jan's presentation at their orientation. Jan comes to the Board with over 30 years of experience in the field of whole person wellness with a focused interest in aging well. During her career, she has owned and managed a chain of wellness-based fitness centers. She was President of Whole Person Wellness Solutions and served as Vice President of Community Life, Wellness and Applied Research. In 2013, Jan formed her own business, Whole Person Wellness International. Jan is recognized leader in the field of healthy aging and has implemented healthy solutions in senior housing complexes, within Senior Centers and in the aging service network.



Jan has extensive experience in providing educational sessions and workshops on healthy aging. Jan is excited to join the Board of Directors as Chair.



Ret Wixted returns to the Board as Vice Chair. Ret has worked with the Village for the last four years, previously serving on the Board. For the last year Ret has served with the Volunteer Team. Ret brings a history of working in city government as a Senior Center Director and a Community Service Director. She has also been the Executive Director of Community Senior Serve, a north county nonprofit providing, home delivered meals, day care, care management and lunch programs for older adults in multiple cities.

Beth Hasenbein will remain on the Board as Secretary. Beth has been very active with the Village since she joined the Board in September. Beth recently retired from 35 years in the healthcare industry with experience in Operations, Customer Service, and Sales/Retention experience. As Chair of the Membership Team Beth has met personally with most our members. Beth also supports our Service Coordinators who answer the Village phones and connect our members with volunteer services and leads the newly formed Member Services Team.



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San Clemente Village Elects Officers - Continued

In June, the Village Board of Directors elected a slate of officers for 2017-18.



Bob Coff will remain on the Board position as Treasurer. Bob has a long history with the Village and is one first residents to support the idea of forming a Village. Bob has been watching over Village finances and has kept us on track. Bob retired from his own business, a mobile auto body shop. Prior to that, Bob was Vice President of Excelsis, the first company to put fuel cell engines into Daimler Chrysler and Ford automobiles. (zero emissions) Bob is now involved with Village finances, Operations and along with his wife, Donna, hosts the Village Dine Around Group.

Activity Spotlight



(L-R) Maria Gladd, Dr. Jeanne Hounshell, Lynne Geysler, and 'host' Dorothy Bickner

Bridge and Lunch!

By Donna Coff

Lunch and Bridge, what a great way to spend an afternoon with this fun group! "Every Hand an Adventure" is what bridge is all about. It is the ultimate in intellectual competition. As you learn more, ever-increasing vistas unfold for your experimentation and enjoyment. Once you try it, you will never give it up.

We join together the first Thursday of every month, 11:30am - 2:30pm, at the San Clemente Golf Course Restaurant, "The Wedgewood."

Yoga

By: Donna Coff

Come join us for a 45 minute session of peacefulness and well-being in a park setting with trees, fresh air and the ocean nearby. Yoga is a system of physical postures with gentle stretches, breathing techniques and quieting the mind. It promotes control, well-being and relaxed muscles.

Classes are July 10th and July 20th. Sign up [online](#) or call us!

Held in beautiful Linda Lane park by the trees. Bring a Mat and/or towel.



San Clemente Village extends our appreciation to our generous community donors:

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Starbucks Coffee
Deweys Appliances
Eli Alexander Salon
Tim Metcalf - Wealth Management Group
McBeth Foundation
San Clemente Rotary
San Clemente Junior Women's Club
City of San Clemente

Donate now, Support your San Clemente Village

Show your appreciation for your prompt, smiling volunteer. Honor a friend by contributing to the Village. Make a difference in your community!

Let's change the experience of aging in San Clemente.

We also accept donations by mail and phone. Donations are tax-deductible.

San Clemente Village
P.O. Box 5761, San Clemente, CA 92674
www.scvillage.org | 949-441-1348 | info@scvillage.org